

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

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December 2015

Volume 07 Issue 12

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A message from Council on Aging Director Ashley Springman...

November was an especially busy month for me. As a SHINE counselor, I have been meeting with seniors, answering questions about Medicare and enrolling them in new medical and prescription drug plans. On December 7th Medicare open enrollment will be over— phew! Although you may think you have the best coverage, your health, your healthcare providers and Medicare are always changing. So make sure to take advantage of open enrollment every year to review your medical and prescription drug coverage. A SHINE counselor is also available throughout the year for troubleshooting and for new enrollees. Call the Senior Center to make an appointment.

On Friday November 13th, we had a clean-up day at the Senior Center. I would like to recognize all of my staff and the following volunteers for rolling up their sleeves and helping out: Marlene DeBay, Jim DeBay, Celene Aghajanian, Geri Nickerson-Kaiser, Priscilla Quinton & Mary Carbone. In appreciation of their hard work, these “volunteers of the month” were entered into a raffle for 2 prizes and the winners are: Priscilla, a \$50 Gift Certificate to the Tewksbury Country Club and Jim DeBay, a \$25 gift certificate to Applebees. Congratulations and thanks again for all your hard work!

Monday November 30th marked the grand “re”opening of the Senior Center’s **Gift Shop on Chandler**. In celebration, we are offering 20% off all non-consignor items for the month of December (excludes greeting cards & snacks). Come by to check out our new inventory, including Christmas wreaths and centerpieces made by our *Artist of the Month Celene Aghajanian*. We carry children’s toys, games & puzzles, Jewelry, Burt’s Bees

products, locally made crafts, reasonably priced greeting cards, and many items that would make the perfect stocking stuffer!!

Friendly Visitor Volunteer Program, by Nicole Hutcheon (Outreach)

The aim of our Friendly Visitor Program is to enrich the lives of seniors who are living alone in Tewksbury by providing them with companionship and socialization. A friendly visitor will commit to volunteering 1-2 hours per week by visiting a senior at their place of residence (private residence, assisted living or skilled nursing facility).

Friendly Visit Activity Ideas include: Listening to stories, walking, playing games, talking about family and friends, listening to music, watching TV, reading a book, talking about current events and crafting.

We are looking to start this program in the new year and will have an *informational meeting on January 6, 2016 at 10:00AM* in the Senior Center Conference Room. If interested please fill out a Volunteer Application and a Criminal Offender Record Information (CORI) form prior to visiting. You can stop by the Senior Center anytime to pick-up an application. Many of you have already expressed interest in Friendly Visiting so we hope to see you at the upcoming informational meeting! Please call Nicole with any questions at (978) 640-4480.



My Mission as Your Director: *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*

Halloween Costume Winners:

Most Original– Bob & Anita Johnson
(Ground Nutmeg & Pumpkin Spice)

Scariest– Jim DeBay (Jester)

Funniest– Peg Keefe, Allie Casazza, Rita Dee,
Barbara Chandler, Joan Hansford, Kay Maher, Ma-
rie Durgan, Rose McKenna, Ruth Bradley and Lin-
da Brabant (“Domino’s” Pizza)

Sexiest– Pat MacDougall (Roaring 20’s)

Best Costume– George Drolet (Headless Man)

Congratulations, you all looked great!



Below: Kay Maher &
Mary DiBella
handing out raffle
tickets at the Elks
Turkey Dinner

**Every visit to the Senior Center counts!**

Make sure to sign in on the touchscreen each time you visit, choosing ALL of the activities you plan on attending for the day. The better the numbers, the more likely we are to get funding through grants. And of course, if you are having trouble, we are more than willing to help!

Answers to last month's Sudoku

8	1	5	7	2	3	6	4	9
3	4	7	6	8	9	1	2	5
6	2	9	1	4	5	3	8	7
7	5	2	8	1	6	4	9	3
4	9	8	3	5	7	2	1	6
1	6	3	4	9	2	7	5	8
2	7	1	9	6	8	5	3	4
9	3	4	5	7	1	8	6	2
5	8	6	2	3	4	9	7	1

UPCOMING DAY TRIPS

Date	Bus Leaves	Trip	Cost	Tickets
<i>Due to our crazy New England weather there are no trips scheduled in January or February</i>				
March 18, 2016	8:30AM	Boston Flower & Garden Show and Faneuil Hall for Lunch	\$32/pp	Available soon

Council on Aging Staff

Ashley Springman, MS, LSW
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WELCOME!!!

Diane Dunlevy
Activities Coordinator
Ddunlevy@tewksbury-ma.gov

Council on Aging Board Members:

Virginia Desmond- Chair
Joel Deputat- Vice Chair
Lorene Patch- Treasurer

Joan Unger- Clerk

Joanne Aldrich

Marie Durgan

Peg Keefe

Paul McNaught

Patty Sasso

Kathy Walsh

Arlene Wright

Melissa Johnson- Recording Secretary

**** Prizes for Our Readers ****

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!

The winner from last month was: **Ellie Casey**

Error: On the front page, word should be "Sudoku", rather than "Sodoku"

A Note From Our New Activities Coordinator:

Diane Dunlevy

I am beyond excited to be a new addition to the Tewksbury Council on Aging. I am a Tewksbury resident, wife and mother of three. I have a 24 year old son who lives in Los Angeles, CA pursuing a career in film production. My two daughters ages 21 and 17 are students. One is a senior in college the other a senior in high school.



While raising my family I spent a great deal of time working on fundraising and event planning benefiting the Town of Tewksbury and the Tewksbury Public Schools. Some of the projects I worked on were raising funds and building Funway Park on Livingston Street and two playgrounds located at the Heath Brook Elementary School. I coordinated the annual Applefest Craft Fair and Trivia Night for the Tewksbury High School Parent Advisory Council. Having worked with the Parent Advisory Councils for 16 plus years I had the pleasure to work on countless projects and events. Equally fulfilling was working as a substitute teacher. My favorite position was filling in for the art teacher while she was on an extended sick leave. During that time I taught and coordinated the art program and a portion of the Annual Art Show for two elementary schools.

As activities director, I will work to bring additional activities in as well as plan day trips. Events such as attending the theatre, themed dances such as oldies (50's), country western, guest speakers, creative classes, Zumba dance/exercise class to name just a few. Perhaps a day trip to Ogunquit, Maine to visit Perkins Cove and enjoy shopping or a boat cruise along the shore, then chowder and a lobster roll overlooking the ocean at the foot of the Marginal Way.

As my children have grown and need so little of my time now, I am looking forward spending much of my time serving our seniors here at the Council on Aging. It will be my pleasure to work for such a lively, vibrant and active group!

I am anxious to hear all about the events and activities that many of your groups and individuals are currently hosting and planning.

Please feel free to drop any ideas or suggestions you may have in the "Suggestion Box" located outside the office. I will do my best to include your input into our calendar of events. Additionally, please feel free to drop in and say hello anytime. I would love to meet you!

Cribbage Results

By Kay Maher

Cribbage winners are:

1st place tied by Leo Hamel and Jim

O'Hara

2nd place – Claire Perreault

3rd place – Dennis Caprigno, Mike

Limperis & Charles Murphy



We play every Wednesday at 12:30pm, followed by coffee & dessert. Everyone is welcome!

WEEKLY SCHEDULE

Special events & schedule changes on page 7.

MONDAY	
AM 9:00 Forever Fit 9:30 Men's Yoga 9:30-11- Blood Pressure Clinic (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	PM 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
TUESDAY	
AM 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Mov'n & Grov'n Exercise 11:30- 4 Piecemakers for Charity	PM 12:30 45's 12:45 ZINGO 1:00 Independent Painting 5:00 Fit for All
WEDNESDAY	
AM 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class	PM 12:30 Cribbage 12:30 Mah Jong 12:30 Stained Glass 12:40 Bone Builders #2 2:30 Chair Yoga 2:30 45"s
THURSDAY	
AM 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	PM 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 5:00 Fit For All
FRIDAY	
AM 8:30 Walking Club 9:30 Bone Builders #3 10:30 Floral Arrangement Class #1 (except 1st Fri of the month)	PM 12:30 International Mah Jong 1:30 Floral Arrangement Class #2

GAC News*Submitted by Rose McKenna*

The GAC had their monthly *Left Center Right* (LCR) afternoon. A great time was had by all. Thank you to all the volunteers that lend a hand to make every event we have successful. There will not be any LCR day in December because of all the Christmas parties going on.

Our Golden Age Club Christmas party will be on Friday, December 11th at 12 noon. There will be a luncheon and entertainment. The cost is \$15 and is for members only. An unwrapped toy for a child would be deeply appreciated. Please bring it on our party day. Our fire department will take care of distributing them to our needy Tewksbury children. I am writing this to you, a few days before Thanksgiving. I can almost smell the turkey cooking. Boy what an imagination! By the time you read this, I hope you all have had a great GOBBLE, GOBBLE, Thanksgiving day. With Christmas almost here I would like to wish everyone a very Merry Christmas and a Happy and Healthy New Year!

Have You Heard Rumors about your 2016 Medicare Part B Premium?

You may have heard your Medicare Part B premium is going up. This is **not** true for everyone! Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month.* Those newly enrolled in Part B this year will likely pay \$121.80 per month. People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 per year (\$170,000 for a couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B.

*There was **no** cost of living increase in Social Security benefits for 2016 and the law prevents benefit checks from being reduced

SIGN UP FOR OUR FOOT CARE CLINIC

WHO: Catherine Languedoc RN BSN, CFCN
(Certified Foot Care Nurse)
WHEN: 3rd Thursday of Every Month
WHERE: Senior Center Nurses Office
COST: \$30, accepted at time of apt.



Call Jan at 978-640-4482 to make an appointment

A special thank you to the **Executive Office of Elder Affairs** for supporting our newsletter!

Friends of the Elderly, Inc. News*Submitted by Linda Brabant*

The next Foxwoods day trip will take place Thursday, December 3rd. Seats may still be available. Foxwoods ticket sales begin at 8:15 AM on the Monday after the last trip. A 2016 schedule will be available at that time. The cost is \$35 and includes a casino package & driver gratuity.

The Friends Christmas Dinner is being held on Friday, December 4th and will include a buffet dinner catered by the Village Inn and dancing to the sounds of the Perfect Match Band. Tickets are \$20/person. The Friends annual Christmas Drawing will be held at this event. Don't forget to get your tickets.

A Friends "Cootie Party" will be held on Monday, December 14th beginning at 12:30 noon. The cost is \$4. This is always a fun afternoon!

This New Years Eve theme is the "Roaring Twenties" and should prove to be most festive and enjoyable. The Village Inn will cater the event and the Perfect Match will provide our dancing music. The date is Thursday, December 31st. The cost is \$50/person. Dinner will be served at 7:00 PM. The last day to purchase a ticket will be Thursday, December 23rd.

A very special "THANK YOU" is extended to all those people who patronized the Friends last Breakfast Benefit of 2015. The winner of the Breakfast drawing was Jim Cooney.

As always our Seniors worked diligently throughout the year to raise funds for the Friends holiday events as well as assist the Council on Aging. Through their efforts and the efforts of those who supported the Breakfast Events, Yard Sales, Theme Dances, Memorial Day Parade, Whist, Cribbage, Zingo, Cootie and Craft Class Projects, the Friends is able to contribute to their Senior Center. Great job guys and gals! Need stamps? The Friends is providing stamps for purchase in the Center's Gift Shop. It should also be noted that through the Friends the Seniors sponsored transportation for the Elks Thanksgiving Dinner for Tewksbury Seniors. Word has it that everyone left with a full stomach and memories of a wonderful time. Thank You Elk Members...you have always been good to our Senior Citizens!

A JOYOUS HOLIDAY SEASON TO ALL!
GOD BLESS & KEEP AMERICA & OUR ALLIES SAFE

Red Hat News*By Diane Joy*

Upcoming event dates:

Red Hat Christmas Dinner:

December 16th @ 6:00 PM. Price: \$30.00. Catered by the Village Inn. Food: chicken/beef, mashed potatoes, squash, salad, bread and butter, silk pie for dessert. Entertainment to be announced. Please sign up as soon as possible! Not many of us have signed up yet, and a headcount will have to be given to the Village Inn soon! Come dressed in your best **purple** and **red** outfit so we can show off our best red hat theme!

Christmas Gift Cards:

We are down to the wire! This is our annual charity event that helps the less fortunate. The donations will be given to the Tewksbury Food Pantry who will be able to help families for Christmas. Every \$10 counts!

Events for 2016:

Re-Gift Night

January 20, 2016 @ 6:00 PM \$5.00 per person. Gifts must be nicely wrapped. Coffee, Tea and dessert will be served.

Anniversary Dinner

February 17, 2016 @ 6:00 PM. Catered by the Village Inn. Price and entertainment to be decided. This is the 12th year for the Carnation Belles! Come and enjoy the good food, entertainment, and celebrate our 12th Anniversary.

Please contact the Queen Mother or any Board Member if you know of a Red Hat sister that may be ill, or has undergone surgery, etc. A card can be sent with all of The Red Hat Carnation Belles' best wishes in it!



We hope everyone had a wonderful
Thanksgiving.

Merry Christmas to all!

Elder Services of the Merrimack Valley

December 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 American Chop Suey Peas Carrots Assorted Cookies	2 Baked Tilapia with Dill Sauce Brown Rice Zucchini and Tomato Seasonal Fresh Fruit	3 Breaded Chicken Patty Mashed Potatoes Green Beans Mandarin Oranges	4 Tomato & Onion Frittata Corn Herbed Peas Chocolate Pudding
7 Baked Salmon with Dill Sauce Brown Rice Pilaf Broccoli Florets Seasonal Fresh Fruit	8 Chicken Cacciatore Egg Noodles Turnip and Carrots Sliced Peaches	9 Low Sodium Hot Dog Baked Beans Chef Blend Vegetables Rice Pudding	10 Pork Dianne Mashed Sweet Potato Diced Red Cabbage Fruit Cocktail	11 Cheese Tortellini with Marinara Sauce Lemon and Chives Beets Cookies
14 Slice Pork Roast with Gravy Potato Lyonnaise Carrots Warm Cinnamon Apples	15 Baked Pollock with Lemon Sauce Veg Brown Rice Broccoli Florets Seasonal Fruit	16 Monthly Special Chicken Cordon Bleu Mashed Potatoes w/ Sour Cream Peas & Mushrooms Chocolate Mini Eclair	17 Monthly Birthday Cheese Lasagna with Meat Sauce Mixed Vegetables Birthday Cake	18 Beef Marsala Seasoned Roasted Potatoes Green Beans Sliced Pears
21 Meatloaf with Gray Mashed Potatoes Mixed Vegetables Seasonal Fresh Fruit	22 Chicken Croquettes Roasted Red Potatoes and peppers Mashed Cauliflower Lemon Pudding	23 Glazed Pork Loins Scalloped Potatoes Broccoli Florets Fruit Cup	24 Eggplant Parmesan with Marinara Sauce Pasta Green Beans Chocolate Chip Cookies	25 Christmas
28 BBQ Chicken Red Bliss Mashed Potatoes Capri Vegetables Seasonal Fresh Fruit	29 Baked Fish w/Red Pepper Sauce Mashed Turnips and Carrots Broccoli Florets Cookies	30 Stuffed Shells w/Sauce Peas Carrots Whole Wheat Bread Seasonal Fresh Fruit	31 Roast Beef with Gravy Sliced Red Potatoes with Onions Winter/Fall Blend Vegetables Whole Wheat Dinner Roll Brownie	1 New Year's Day 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Foxwoods Day Trip	4 9am- Parkinson's Support Group 10:30am- GAC Entertainment. Meeting 6pm- Friends of the Elderly Christmas Dinner	5
6  GAC White Mt Trip-->	7 2-6pm- Intake of Items for Upscale Consignment Shop	8	9	10 9am- Men's Group	11 12pm- GAC Christmas Party	12
13	14 10am- MS Support Group 11am- Bone Builders Christmas Party	15	16 12:30pm- COA Board Meeting 6pm- Red Hat Christmas Party	17	18 7pm- Silvertones Dance	19
20	21 10-11am- Brown Bag distribution for participating seniors	22	23	24 9am- Men's Group	25 	26
27	28	29	30	31 7pm- Friends of the Elderly New Year's Eve Party		

DO YOU SUFFER FROM FOOT PAIN?

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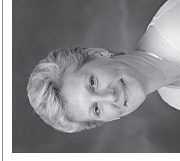
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Elder Brown Bag Program

A Supplemental Food Assistance Program

**** New Location ****

Tewksbury Council on Aging

175 Chandler Street, Tewksbury, MA 01876
Every 4th Tuesday of the month.

Recipients must be 60 years of age or older or a disabled adult living in elder housing and must be low income, as measured by participation in (or eligibility for,) at least one program for which proof of income that will be required. Those who are eligible for the program must complete an application and will be contacted upon approval.

For more information or to apply contact:
Laura Marsan - 978-946-1303 • LMarsan@esmv.org

The Elder Brown Bag Program is a collaborative effort between:

Elder Services of the Merrimack Valley, Inc. The Greater Boston FOOD BANK TOWN OF Tewksbury MASSACHUSETTS

Choices for a life-long journey

J	A	Y	T	I	L	I	U	Q	N	A	R	T	S
D	L	U	O	C	S	G	N	I	T	E	E	R	G
O	I	L	Y	I	E	P	A	R	A	D	E	A	U
N	S	E	S	C	R	E	B	M	E	C	E	D	S
A	E	T	Y	L	M	A	S	L	A	B	S	I	E
T	V	I	N	E	I	C	P	I	E	F	T	T	N
I	I	D	O	S	S	E	Y	L	A	Y	H	I	A
O	T	E	M	I	T	L	L	I	L	L	G	O	C
N	A	S	R	J	L	S	T	R	O	L	I	N	Y
S	L	P	A	O	E	H	C	A	R	O	L	S	D
L	E	I	H	Y	T	N	A	T	E	J	A	Y	N
E	R	R	A	P	O	I	N	S	E	T	T	I	A
D	S	T	R	E	E	P	S	E	U	L	A	V	C
H	A	L	L	I	W	D	O	O	G	R	A	Y	Z

BALSAM
BELLS
CANDYCANES
CAROLS
DONATIONS
FAITH
GOODWILL
GREETINGS
HARMONY
HOLLY

ICICLES
IVY
JOLLY
JOY
LIGHTS
MISTLETOE
NOEL
PARADE
PEACE
PIE

POINSETTIA
RELATIVES
SLED
STAR
TOYS
TRADITIONS
TREE
TRIPS
VALUES
YULETIDE

DJ Jon Mansfield is at the Senior Center on the last Monday of every month for a **daytime dance**. Sign-up by Wednesday of the week before and lunch will be included in the \$6 ticket cost. Tickets are also available at the door.



Thank you **Peregrine's Landing of Tewksbury** for preparing such a delicious meal for this event each month!

MEGA Sudoku: The object is to place the numbers 1 to 16 in the empty squares so that each row, each column and each 4x4 box contains the same number only once.

1		2	3	4		12	6			7	
	8			7		3			9	10	6
	12		10		1	13	11			14	
3		15	2		14		9			12	
13			8		10	12	2		1	15	
	11	7	6		16		15			5	13
		10		5	15		4	8		11	
16		5	9	12		1				8	
	2				13		12	5	8		3
	13		15	3		14	8		16		
5	8		1		2				13	9	15
		12	4		6	16	13		7		5
	3		12			6		4	11		16
	7		16	5	14			1			2
11	1	15	9		13		2			14	
	14			11	2			13	3	5	12



There are 3 bulletin boards at the Senior Center, one for in-house activities, one for upcoming trips & one for community events. This is where you will find the most up-to-date information so stop by and check them out! Anything posted on the community board must be approved by the Director and is limited to non-profit agencies only.

Fuel Assistance 2015-2016

If you need any assistance filling out your form please contact Nicole Hutcheon at 978-640-4482 to make an appointment. **NEW Applicants** coming in it will be necessary for you to bring the following information/documents:

Identification: Driver's license or legal photo ID. If unavailable you must provide birth certificate and social security card.

Proof of income: Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

Home owners: Copy of mortgage if you still are making payments, current tax bill and copy of homeowner's insurance.

Renters: Copy of lease and proof of rent payments.

Utilities: Electric bill, gas and/or oil bill and telephone bill.

Previous Applicants coming in it will be necessary for you to bring the following information/documents:

Proof of income: Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

Utilities: Electric bill, gas and/or oil bill

**Household Income Guidelines
(2015-2016)**

Household Size	Maximum Gross Income
1	\$33,126
2	\$43,319
3	\$53,511
4	\$63,704
5	\$73,897
6	\$84,089

TOP 10 SCAMS VICTIMIZING OLDER AMERICANS

1. The Grandparents Scam- How to Avoid: If you receive a suspicious phone call from someone claiming to be a relative or loved one, say you'll call back, and check the story with other relatives. Note that these scammers can get information about you and your relatives off of social media sites like Facebook. Most scammers aren't this sophisticated, but the tactic is not unheard of, so don't be fooled if a suspicious caller references details from your life or a relative's.

2. Investment Schemes- How to Avoid: Remember that if it sounds too good to true it probably is. Be suspicious of anyone who promises massive returns on an investment and be sure to only deal with reputable and credible institutions.

3. Email Scams- How to Avoid: Be inherently distrustful of unsolicited emails and don't disclose private information online except to a trusted organization. If you have questions about whether a communication you received is legitimate, call that organization directly.

4. Sweepstakes and Lottery Scams- How to Avoid: Be wary, again, of what seems to be too good to be true. Remember that if you have won a sweepstakes, you shouldn't be asked to pay mysterious and suspicious fees within a day or two of the award.

5. Medicare Card and Medicaid Card ID Theft Scam- How to Avoid: Never give personal information like your social security number or banking information over the phone, and be suspicious of calls from people who claim to represent official agencies and then request personal information.

6. Charity Scams- How to Avoid: If you wish to donate to charity following a disaster seek out the charity yourself. Do not make donations to organizations that cold-call you.

7. Repair Fraud- How to Avoid: If you find yourself making poor purchasing decisions, talk to a younger family member about getting help, and possibly a financial power of attorney. If a younger relative has financial power of attorney, sometimes the costs of these fraudulent charges can be reversed.

8. Fraudulent Anti-Aging Products- How to Avoid: Practice a healthy dose of skepticism as a consumer. Be aware that advertising plays to our aspirations and our fears, so don't be manipulated by products that claim to be "anti-aging."

9. Cemetery, Funeral and Cremation Scams- How to Avoid: It's hard to make rational business decisions in grief. If there is a calmer, more stoic family member who has good business sense, it may be best for this person to make the funeral arrangements.

10. Counterfeit Prescription Medicines- How to Avoid: The FDA is dramatically increasing regulation on foreign pharmacies which supply drugs to the U.S., and is now holding them to the same standards as American pharmaceutical plants. But if you order your prescriptions from dubious online sources, you are playing with fire. These drugs will not have received the safety validations of drugs dispensed at certified mainstream pharmacies in the U.S. They could be inactive or possibly even poisonous.

For a full description of these scams, visit the Senior Center bulletin board or don't hesitate to ask!!



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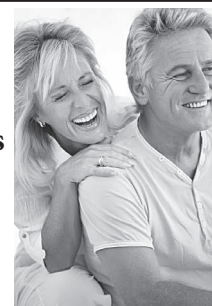
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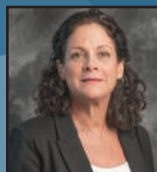
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